

## CAMPOREE FOOD NOTES

The Jubilee Camporee is too full of adventures to spend much time with food preparation and clean-up. Think light and easy when you plan your menus. Use paper plates, boil water in #10 tin cans (throw 'em away on Sunday). If your pack, post, or patrol will be going lightweight, why bring utensils, pots and pans and heavy patrol boxes. Prepare much as possible ahead of time. Try new ideas. Everything on the suggested food lists is available at your neighborhood grocery store except for nest bars.

The watchwords for menu planning are "go light, no fuss, no mess",

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### **SUGGESTED BREAKFAST ITEMS**

- Breakfast Bars (Granola Bars, etc.)
- Pop Tarts
- Canned Juice/Dry Juice Mixes
- Granola Mix (See Recipe)
- Powdered Milk
- Melba Toast
- Bakery Goods
- English Muffins w/Butter
- Jelly
- Fresh Fruit Oranges/Grapefruit
- Hard Boiled Eggs (Do in advance)
- Bacon Bar
- Hot Chocolate (Boil water in #10 tin cans)
- Instant Oatmeal (Boil water in #10 tin cans)  
(with extra raisins mixed in)
- Hot Red Jello (sounds terrible but is a good hot drink)

### **SUGGESTED LUNCH ITEMS**

- Dried Fruits
- Fresh Fruits
- Triscuits/Wheat Thins/Crackers/Pilot Biscuits
- Cheese
- Cheese Squeeze
- Hard Boiled Eggs (Prepare in advance)
- Carrots/Broccoli/Cauliflower
- Peanut Butter
- Salami Sausage
- Meat Sticks
- Bee! Jerky
- Canned chicken/Spam/Spreadable or Tuna on Crackers
- Chocolate Bars
- Chewy Brownies or Cookies
- Drink Mix (Pour Powder into your canteens)

## **TRAIL SNACK IDEAS**

### **GORP (Good O' Raisins & Peanuts)**

In a sack, mix a combination of 3 or 4 of the following items:

M & M's, Chocolate Chips, Spanish Peanuts, Walnut Chunks, Cashew Chunks, Shelled Sunflower Seeds, Pretzel Sticks, Raisins, Dry Roasted Peanuts, Toasted Soybeans.

Sunmaid Trail Snacks

Dried Fruit Snack (Fruit Leather)

Dried Fruit

### **Nuts and Bolts** (Make ahead of time):

1 cup Cheerios, 1½ cups Kix, 2 cups cheese crackers, 2 cups pretzel sticks, ½ lb. mixed nuts, ½ cup melted margarine, ½ tsp. Worcestershire Sauce, ½ tsp. each, garlic and onion salt. Combine cereal, crackers, pretzels and nuts in an oblong flat pan. Mix margarine and seasonings and pour over ingredients. Mix well. Bake in 250 degree oven for 30 minutes. Stir gently after 15 min. Put in airtight container.

## **SUGGESTED SUPPER ITEMS**

A hot meal should hit the spot but why wash dishes? Try the following foil meal ideas or invent your own. You might do Seal-a-Meals to be heated in boiling water or have a salad that you make ahead of time and put in a plastic sack or container.

### **Pi-Chee Ham**

Slice Spam into a double or triple layer foil pack.

Put in candied yams, the Spam, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes just like candied ham and yams.

### **Sue's Goulash**

Form three (3) sheets of foil into a bowl shape. Put ½ cup of Minute Rice in the bottom, sprinkle and mix dried onion flakes or your favorite dry seasoning or gravy ingredients. Add some canned chicken, beef or chopped Spam. Pour in ½ cup water. Seal and place on coals for 15 minutes.

### **Wieners in Foil**

Place wieners in double heavy foil and spread with one or more of the following: mustard, fine chopped onion, cheese strips, pickle relish. Wrap tightly and cook over coals for 10 min., turning once.

**Sauced Dogs (Serves 3-4)**

At home, grind together: ½ lb. hot dogs, ½ Cup mild cheddar cheese. Add: 1 hard boiled egg, chopped, 2 T. chili sauce, 1 T. pickle relish, ½ tsp. mustard, ½ tsp. garlic salt. At camp: spread this mixture on buns. Wrap in double heavy foil. Place on coals to heat for about 10 min.



**Wienie Beans**

For each serving, place in 4 double heavy foil square: 2 wieners, split. Spread with barbecue sauce and spoon Boston baked beans over wieners and sauce. Wrap tightly to heat on the coals. Toast split and buttered wiener buns in hot frying pan. Top with contents of the foil packet. Variations: spread wieners with 1 tsp. pickle relish and top with 2 T. of chili beans. Spread toasted buns with prepared mustard.

Top hot contents of packet with shredded cheese.

**Beans 'N Dogs (Serves 4)**

Spread eight (6) wiener buns with prepared mustard. Split eight (6) wieners lengthwise almost through and place one on each bun. Combine 1 can (15 oz.) chili and beans with cup crushed corn chips and spoon over each wiener. Close bun and wrap in doubled heavy foil. Place in campfire coals 10-15 min.

**Pepperoni Buns (Serves 4)**

Spread four (4) split hamburger buns with 1/2 (5 oz.) process cheese spread. Arrange 1 pkg. (4 oz.) sliced pepperoni on bun bottoms and cover with the tops. Wrap in double heavy foil and place on the coals to heat - About 10 min.

**Bean Bouts (serves 6)**

Split 6 hamburger buns and arrange 1/2 lb. thin sliced dry salad on top of bottom halves. Combine 1 T. dry onion flakes and 1 can (1 lb.) barbecue beans and spread over salami. Top with slices processed cheese and bun top. Wrap in double heavy foil. Heat: on coals 15-20 min.

**Hot Chicken Sandwiches (Serves 3-4)**

Combine: 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, and 1 tsp. Dry onion flakes and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.

**Ham 'n Green Bean Bake (Serves 3-4)**

Combine: 1 1/3 cups minute rice, 1 cup diced ham or SPAM, 1 can (8 oz.) drained green beans, 1/3 cup mayonnaise, and 2 tsp. dry onion flakes. Stir in 1/3 cups hot chicken bouillon or chicken soup. Sprinkle with grated Parmesan cheese.

Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 1/2 hour,

**Trout 'N Apple (Serves 4-5)**

Place 8 small to medium cleaned trout on double heavy foil. Top with 3 peeled, cored, and chopped fine cooking apples and a dash or two of cinnamon. Wrap the foil to seal securely, place on coals and add a cover of coals. Leave for 30-45 minutes depending on size of fish.

**Foil Baked Fish**

lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. Chef's secret: If you use a variety of fish that tends to be dry, add a can. of tomato sauce.

**Vegetables On The Coals**

Foil wrapped potatoes will take about 45 minutes to an hour depending on size. Sweet potatoes, yams, large onions wrapped in foil take between 45 minutes to an hour. Foil wrapped corn on the cob takes 25-45 minutes, depending on maturity.

**Sweet. Sweet Potatoes (Serves 3-4)**

Remove completely the top from 1 can (18 oz.) sweet potatoes. Strip off label. Drain some of the juice and add 1/4 cup maple flavored syrup and 1 T. margarine. Return some of the Juice to cover the sweet potatoes. Cover the can top with foil. Place on grill or near the coals and heat until bubbly, about 20 min.

**Foiled Carnots (Serves 2)**

Scrape 2 carrots clean, trim ends. Place in double heavy foil. Add 2 T water, salt and pepper, dry celery and parsley flakes, pat of margarine. Seal tightly in the foil and place on the coals for 20-25 min.

**Baked Slice Potatoes**

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on heavy double foil. Add 1 T. margarine. Sprinkle with garlic and onion salt and pepper. Seal foil tightly and cook on grill, turning often. Leave for 1 hour.

**Scalloped Tomatoes 'N Cheese (Serves 3-4)**

Arrange 1 can (1 lb. 12 oz.) tomatoes, salt, pepper, 1 tsp. Sugar, 1½ cups soft bread crumbs, 1/4 cup melted margarine, and cup grated American cheese in layers in a double heavy foil "bowl". Seal and bake in the coals for 15-20 min.

**Foiled Onions (1 onion for 2 persons)**

Peel one large onion and cut in half. Place pat of margarine on the cut side and sprinkle with salt and pepper. Top with half strip of bacon on each half onion. Wrap each in double heavy foil squares and seal tightly. Bake in coals 35 minutes to 45 minutes.



**Foiled Corn (Serves 4)**

Remove all but the last layer of husks and all silks from 4 ears of com. With remaining husks pulled back, spread com with margarine and sprinkle with onion salt and pepper. Replace the husks and wrap tightly with heavy foil, sealing well. Place on hot coals for 15 minutes. Turn and leave for 15-20 minutes more.

**Rice On The Coals (Serves 4)**

Place two sheets of foil (14" square) on top of each other in cooking pot. Press to form a pouch. Add 1 1/2 cups minute rice, 1 1/2 cups water, 1/2 tsp. salt, dash of pepper, 4 tsp. instant bouillon, and 1 T margarine. Seal tightly, remove from pot and place on coals for about 15 minutes. Variations: Add dry onion flakes, or 1 tsp. prepared mustard, or 1 tsp. Worcestershire sauce.

**Herbed French Bread (Serves 6-8)**

At home, combine: 1/2 lb. margarine, 1/2 tsp. basil, 1/2 tsp. marjoram, 1/2 tsp. dry parsley flakes, and 1/2 tsp. Worcestershire sauce. Slice loaf of French bread on the diagonal and place in a plastic bag.

At camp spread bread slices with herbed margarine. Wrap in heavy foil and heat on the coals.



## DESSERTS

### **Baked Bananas**

Do not peel the bananas, but cut off the end tips to keep them from breaking the foil. Slit through the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M & M's, brown sugar, chocolate candy bar squares and wheat germ, or cut up marshmallows. Place on foil and wrap tightly. Heat over coals 10-15 minutes.

### **Foiled Desserts**

on a square of heavy duty double foil place 1 slice of buttered white bread, buttered Side down, canned fruit (apple slices, pineapple, peaches, etc.), jam or jelly, and sprinkle of cinnamon or nutmeg. Seal tightly and heat over coals for 15 minutes.

### **Apple Rings**

For each serving, place 3-4 thick apple slices in heavy double foil. Sprinkle with brown sugar and grated orange peel. Dot with margarine and seal. Cook over low coals 10-15 minutes.

### **Foiled Apples**

Place peeled and cored apple on doubled square of heavy foil. Fill center with 1 T. crushed pineapple and raisins. Sprinkle generously with cinnamon sugar. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size.



TRIP MENU				
Item (with Net Weight)	GrWt	No. of Units	Gross Unit Wt	Volume
<b>BREAKFAST:</b>				
	1 PERSON		6 MEALS	
- Coffee, FD	2.0	1.0 bottles @	2.0 oz/botl	6.0 oz
- Sugar	4.0	1.0 bottles @	4.0 oz/botl	4.5 oz
- Milk, powdered	4.0	1.0 bottles @	4.0 oz/botl	10.0 oz
- Oatmeal, 2 x 1.5oz	18.0	12.0 packs @	1.5 oz/pack	12.0 cup
- Tang	12.0	2.0 bottles @	6.0 oz/botl	12.0 oz
- Toothpaste & brush	2.0	1.0 tube/brush	2.0 tube/brsh	
- Vitamins	0.5	1.0 canister @	0.5 canister	
BREAKFAST WEIGHT ==> 43.5 ounces, 2.7 pounds				
<b>LUNCH:</b>				
	1 PERSON		6 MEALS	
- Logan Bread	20.5	0.5 recipes	41.0 oz/recp	8.0 bars
- Jerky	10.0	2.0 raw lbs	5.0 oz/lb	
- Honey, tube	6.5	1.0 tube	6.5 oz/tube	6.0 oz
- M&M peanuts (16oz)	17.0	1.0 bags	17.0 oz/bag	
- Raisins (12oz)	13.0	1.0 box	13.0 oz/box	
- Dates	3.5	0.5 box	7.0 oz/box	
- Cream Cheese (3oz)	3.0	1.0 pack	3.0 oz/pack	
- Nuts (4oz)	4.0	1.0 pack	4.0 oz/pack	
- Gum	1.3	1.0 pack	1.3 oz/pack	
LUNCH WEIGHT ==> 79.8 ounces, 5.0 pounds				
<b>DINNERS:</b>				
	4 PEOPLE		6 MEALS	
- Gas bottles, 6.75 oz net	10.0	1 bottle	10.0 oz/botl	
- Salt, film can	1.5	1 Canister @	1.5 oz/can	
- Pepper, film can	0.5	1 Canister @	0.5 oz/can	
- Margarine, liquid, tube	7.5	1 Tube @	7.5 oz/tube	
WEIGHT ==> 10 ounces, 0.6 pounds				
<b>SUNDAY</b>				
- Lipton Parmesano, 4.5oz	15.6	3 Envel @	5.2 oz/envl	6.0 cups
- Milk, .5c-2.5Htsp;marg,2T	0.8	0.4 Envel @	2.0 oz/envl	
- Chicken, 5oz can	14.0	2 Can @	7.0 oz/can	
- Corn, 2.0oz, FD	2.5	1 Bags @	2.5 oz/bag	
- Milk Choc Instant pudd	10.0	2 Box @	5.0 oz/box	4.0 cups
- Milk, 1 qt envelope	2.0	1.0 Envel @	2.0 oz/envl	
MEAL WEIGHT ==> 44.85 ounces, 2.8 pounds				
<b>MONDAY</b>				
- Beef stew, 3.75oz FD	12.6	3 Bags @	4.2 oz/bag	6.0 cups
- Crackers, 9oz Wheat Thins	12.0	1 Box @	12.0 oz/box	
- Blueberry Cobbler, 11oz	12.0	1 Bags @	12.0 oz/bag	4.0 cups
MEAL WEIGHT ==> 36.6 ounces, 2.3 pounds				
<b>TUESDAY</b>				
- Lamb Curry, 4.6oz FD	15.9	3 Bags @	5.3 oz/bag	6.0 cups
- Peas, 2.2oz, FD	2.7	1 Bags @	2.7 oz/bag	
- Banana Instant pudding	10.0	2 Box @	5.0 oz/box	4.0 cups
- Milk, 1 qt envelope	2.0	1.0 Envel @	2.0 oz/envl	
MEAL WEIGHT ==> 30.6 ounces, 1.9 pounds				
<b>WEDNESDAY</b>				
- Lipton Stroganoff, 4.3oz	15.0	3 Envel @	5.0 oz/envl	6.0 cups
- Milk, .5c-2.5Htsp;marg,2T	0.8	0.4 Envel @	2.0 oz/envl	
- Ham, 6.75oz can	18.0	2 Can @	9.0 oz/can	
- Corn, 2.0oz, FD	2.5	1 Bags @	2.5 oz/bag	
- Vanilla Instant pudding	10.0	2 Box @	5.0 oz/box	4.0 cups
- Milk, 1 qt envelope	2.0	1.0 Envel @	2.0 oz/envl	
MEAL WEIGHT ==> 48.3 ounces, 3.0 pounds				
<b>THURSDAY</b>				
- Beef Burgonion, 4.0oz FD	15.0	3 Bags @	5.0 oz/bag	6.0 cups
- Peas, 2.2oz, FD	2.7	1 Bags @	2.7 oz/bag	
- Apples Dried	8.0	4 Person	2.0 oz/pers	
- Cinn & sugar	3.0	4 Person	0.8 oz/pers	
MEAL WEIGHT ==> 28.7 ounces, 1.8 pounds				
<b>FRIDAY</b>				
- Chop suey, 3.4oz FD	9.0	2 Bags @	4.5 oz/bag	4.0 cups
- Strawberries, 1.25oz, FD	4.5	3 Bags @	1.5 oz/bag	
- Choc Fudge Instant pudd	10.0	2 Box @	5.0 oz/box	4.0 cups
- Milk, 1 qt envelope	2.0	1.0 Envel @	2.0 oz/envl	
MEAL WEIGHT ==> 25.5 ounces, 1.6 pounds				
TOTAL DINNER WT: 234.0 oz, 14.6 lb PER PERSON WT: 58.5 oz, 3.7 lb				